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U. S. DEPT. OF
AGRICULTURE



U. S. FOOD
ADMINISTRATION



LET THE FIRELESS COOKER HELP YOU COOK.

YOU can't afford to be without one. The fireless cooker can save fuel in winter and make your kitchen comfortable in summer. It will give you better food. It will save you time and labor for you can have your dinner cooking while you attend to other duties or go away from home. Make one for yourself. It may cost less than a dollar and will pay for itself in time and fuel saved. Or buy a ready-made one.

How a Fireless Cooker Cooks. First the food is made as hot as it can be on the stove, then it is put immediately into the cooker. Once there, it stays hot and keeps on cooking. The walls of the fireless cooker keep the heat in just as the walls of a good refrigerator keep the heat out.

MATERIALS NEEDED FOR A FIRELESS COOKER.

1. *The outside container*—any good-sized box or bucket with a tight cover—a grocery box, a butter firkin, a wooden candy bucket, a 100-pound lard can, or a new garbage can.

2. *Packing material*—soft hay, excelsior, ground cork, sawdust, tightly crumpled newspapers, or any other good non-conducting material that can be packed in closely. This packing material forms a nest for the cooking vessel.

3. *The nest lining*—a metal or enamel bucket and sheet asbestos to cover the bucket. The bucket must have straight sides and a lid and must be of such a size as to allow at least three inches of packing material between it and the outside container, top, bottom, and sides.

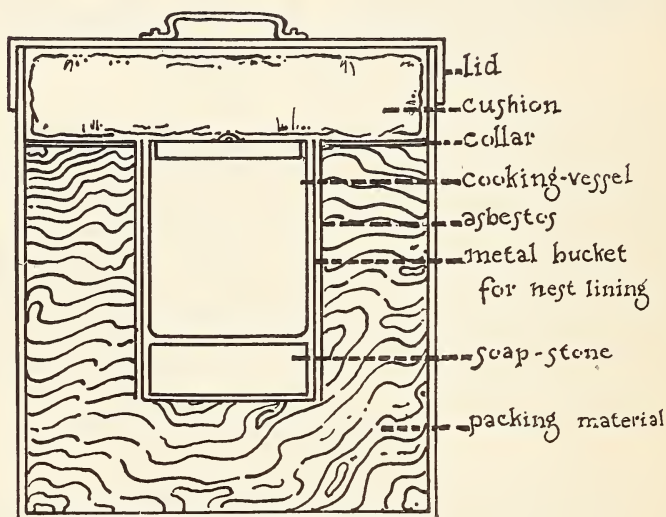
4. *The cooking vessel*—a vessel with a tight lid to fit closely into the nest lining and yet slip in and out easily, or two or three of the small ones especially made for the fireless. The best kind is of enamel, granite or aluminum.



5. *Cardboard*—to make the collar.

6. *The cushion*—denim or muslin stuffed with the packing material. This cushion is to be pressed down across the top under the outside lid.

7. *Two soapstone disks*—purchasable at a hardware store. They are not needed for all cooking, but with them you can cook more quickly and in greater variety.



Cross Section of Fireless Cooker.

To Make the Fireless Cooker.

1. Line the outside container with newspaper if a wooden box is used.

2. Pack the bottom of the outside container compactly with a layer of the packing material to the depth of three inches or more.

3. Cut a circle of asbestos two inches larger in diameter than the nest lining. Place the asbestos mat in the center of the packing.

4. Cut a strip of asbestos big enough to cover completely the outside walls of the bucket which is to serve as the nest lining, and tie it in place.

5. Place the bucket with its asbestos covering directly in the center on the asbestos mat. Hold in place and tightly fill in the space between it and the walls of the outside container with the packing material. Pack in solidly to within one-half inch of the top of the bucket. The success of your cooker depends largely upon the tightness with which you crowd in the packing material, which prevents the heat from escaping from your hot food.

6. Cut a piece of cardboard to fit in the outside container. Cut a hole in the middle of it which will fit closely over the bucket which forms the nest lining. This "collar" holds the packing material in place.

7. Make the cushion for the top by cutting two pieces of cloth the size of the outside container and putting them together with a straight strip of cloth three inches wide. Stuff with the packing material.

8. Outside finishings. If a box is used for the outside container, the lid should be hinged and fastened down with a hook. If it is of wood, paint or stain it a dark color. Casters make it convenient to move about.

Some Precautions in Using the Fireless.

Don't let the food or disks cool before you put them in the fireless. The food will not cook unless there is enough heat shut up with it. Reheat the food that requires long cooking, if it cools before it is finished. Reheat the food before serving, if necessary. A small quantity of food cools quickly, so either use the disks or put a small vessel containing the food in the regular cooking vessel and surround it with hot water.

Soapstone disks will increase the usefulness of your cooker. They can be heated hotter than the boiling point of water and when shut up in the fireless furnish heat which cooks the food. If you made your fireless according to directions, you can safely use the disks. Heat them very hot, but do not let them get red hot for fear of cracking. With one below and one on top of the cooking vessel you will be able to roast meat or even to bake bread or puddings. Without the disks your fireless is useful only for certain kinds of food—cereals, beans, pot roasts, stews, etc.—things that can be cooked in water.

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SOME FIRELESS SPECIALTIES.

Cereals—Prepare as for the stove, but use one-sixth less water. Boil for 10 minutes, or longer with coarser cereals. Place in the cooker boiling hot and leave six or eight hours or over night.

Meats—Buy cheaper cuts. The fireless can make tough meat tender. For more recipes see Leaflet No. 5.

CREOLE STEW.

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| 1 lb. lean beef or 1 medium fowl. | $\frac{1}{2}$ cup rice. |
| 2 cups tomatos. | $\frac{1}{4}$ cup chopped onion. |
| 1 cup carrots or okra cut small. | 1 teaspoon salt. |
| 1 cup chopped sweet peppers. | 1 tablespoon fat. |

Cut the meat in small pieces or cut the fowl into joints. Melt the fat, add the onions, peppers, meat or chicken. Brown for a few minutes. Put in cooking vessel with seasoning, rice, vegetables, and one cup boiling water. Simmer for one-half hour and put in fireless for three hours without the disks or two hours with them. With chicken and okra this is the famous creole chicken of the South.

Roasts—Sear the roast, season, place in the cooking vessel between two hot disks. Do not add water. Allow 25 minutes per pound.

Soup Stock—Cut up meat, crack bones, and cover with cold water. Let it reach the boiling point, then place in cooker for several hours.

Dried Fruits and Vegetables—Peas, beans, corn, dried fruit—soak in water until restored to the original size. Boil a few minutes, then keep in the cooker 6 to 12 hours. Baked beans or peas are especially good cooked in the fireless. See Leaflet No. 14.

For more recipes send to the Department of Agriculture for Farmers' Bulletin 771, "Homemade Fireless Cookers and Their Use."

